



What can I expect at SeaStar's workshops?

Designed for caregivers, SeaStar's workshops offer:

- Practical, relatable information and examples
- Strategies you can use to support your child and yourself
- Safe, private, non-judgmental environment

Format:

- Workshops are *not therapy groups*
- You are not asked to share your story
- Information is presented in 'lecture format', with opportunities for questions

Who can attend?

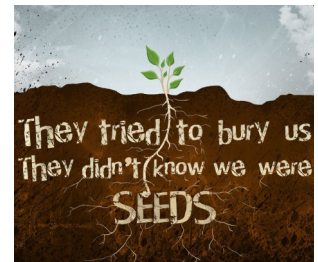
- Caregivers, teens, and adults, and their support persons

WHAT IS TRAUMA?

Trauma is a normal response to a situation our brain reads as dangerous.

When a person is going through an emergency situation, they are responding to a threat. Our brains are hard-wired with an "emergency response system" to help us deal with threats. This is our brains' way of trying to keep us safe in an unsafe situation. In that moment, our brain's main function is to get us through the emergency.

The brain helps us to survive by activating biological reactions involved in the "fight, flight or freeze" response. Adrenaline is released so your body is ready to move: to fight or flee. Your heart rate and blood pressure go up. If you can't fight your way out of the situation, or flee (run away), we "freeze". This is the human being equivalent of "playing dead."



When someone is traumatized by an event (or series of repeated events), they can get "stuck" in the freeze response. The adrenaline and other hormones that are telling our bodies there is an emergency keep flowing. So even when we are safe, our bodies do not really know that we are safe.

There's good news: brain scientists have recently learned a lot more about trauma. There are ways to help our bodies return to "safe" mode. There is much hope for healing. This is particularly true for children as their brains are still growing.

More Information

Below are some great websites dedicated to helping parents of children who have experienced trauma:

- Trauma Resources for Parents – The Starr Network
<https://www.starr.org/training/tlc/resources-for-parents>
- The National Child Traumatic Stress Network
<http://www.nctsn.org/resources/audiences/parents-caregivers>
- Hey Sigmund
<http://www.heysigmund.com/>

Workshop Descriptions

Understanding Trauma

Wed Feb 27 6:30 - 9:00 pm

Learn more about our body's emergency response system, what trauma is, and how it impacts brain development. This workshop is a building block in learning how to support someone who is healing from trauma.

Emotions, Parental Style & Caring for a Traumatized Child

Wed Mar 6 6:30 - 9:00 pm

Supporting a child who has experienced trauma can be challenging. For many caregivers, it can bring up a lot of their own reactions and emotions. Learn to identify how your own hopes, fears, beliefs, and emotions might be impacting your caregiving style, and explore strategies that will help you to support your child.

Introduction to Emotion Coaching

Wed Mar 27 6:30 - 9:00 pm

Learn more about emotions and how to become your child's emotion coach.

Parenting a Stressed Child

Wed Apr 10 6:30 - 9:00 pm

How we support someone is a little different for feelings of worry and anxiety. Learn how these can differ from other emotions, and some ideas for supporting your child to work through their uncomfortable feelings.

Teaching Mindfulness to Young People

Wed Apr 24 6:30 - 9:00 pm

Learn strategies for cultivating groundedness in your home, and ideas for teaching mindfulness to young people.

*Content of these workshops is complementary, attending all five is ideal, but not required. Workshops are **open only to caregivers, teens, and adults, and their support persons***